

Annual Report

— OF THE —

MEDICAL OFFICER OF HEALTH

— FOR THE —

Epping Rural District

FOR THE YEAR 1904.



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ANNUAL REPORT

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Medical Officer of Health

FOR THE

EPPING RURAL DISTRICT

For the Year 1904.

MR. CHAIRMAN AND GENTLEMEN,

I have the pleasure of presenting to you my Annual Report upon the Epping Rural District for the year 1904.

The area of the district is now 36,705 acres, and the population as shewn by the Census, 1901, numbers 12,782 persons. It is usual in these Annual Reports to state the estimated population, and upon the corrected estimate to calculate the vital statistics for the year. Owing, however, to the several changes which have taken place in the area of the district during the past ten years, through the formation of the several Urban Districts, there are no reliable data upon which to base an estimate, but with the well-known tendency in the present day for country people to migrate to the towns, the chances are that the natural increase by births over deaths in this district has not much exceeded the decrease by migration. We are probably, therefore, not far wrong in calculating the vital statistics upon the known population of the last census.

The geological features of the district are similar to such as are found in the greater part of the county. The London clay underlies the whole district, but between it and the vegetable mould of the surface there are alluvial beds of marl and loam, alternating with gravel and sand, and having a thickness sometimes of 30 or 40 feet. These beds of marl and loam predominate, especially in the southern and central parts of the district, whilst the gravel and sand are more common towards the north. The nature of the soil and the climate are favourable to vegetation, but the excess of moisture in some portions of the district tends to produce cold fogs and exhalations in the Spring and Autumn, rendering these seasons somewhat trying to the aged and delicate. The contour of the district is more or less undulating, with a

sufficiency of forest and other woodland to give picturesqueness to the scenery. There are no rivers of importance in the district, but numerous streamlets and rivulets wend their way either northwards to the Stort and Lea or towards the south to join the Roding. The pursuits of the inhabitants are for the most part agricultural, and in the more southern parts of the district a large business is carried on in dairy farming, the proximity to the Metropolis affording a ready market for the disposal of the milk.

INSPECTIONS.

Systematic and special inspections of the different parts of the district have continued to be made during the year, and, as a rule, it may be said the sanitary conditions found have been satisfactory, and have shewn that a careful supervision has been exercised. Many of the villages in the district are dependent upon public pumps and wells for drinking water. These have all received special attention, and several have been repaired and protected. The old-fashioned system of middens and cesspools, not so many years ago general in this district, has been steadily disappearing in favour of w.c.'s or pail-closets. Where there is a public water supply the former are the best, but where this is not the case, as in many parts of this district, the latter are a decided improvement upon the objectionable middens and cesspools, which are constantly found neglected, and thus allowed to become a danger to the public health. The various sewage farms have been inspected during the year, and samples of the effluents have been supplied to Dr. Thresh, County Medical Officer. In connection with outbreaks of Diphtheria special inspections were made of the villages of Roydon and Chigwell. Certain premises in Harlow were also specially inspected at different times in consequence of the prevalence of Scarlet Fever and Diphtheria. These inspections were the subjects of Special Reports to the Council.

SANITARY IMPROVEMENTS EFFECTED.

A considerable number of houses (33) have made new connexions with the public sewers, and, as has previously been stated, a number of pail-closets have replaced the former middens and cesspools. The unfortunate custom of constructing w.c.'s without water-flushing cisterns has received some attention, but not so much as is needed. Hand-flushing invariably proves unsatisfactory, and should not be permitted as a substitute for cisterns. Besides the filling up of a number of cesspools, numerous drains have been prevented emptying into ditches and watercourses, and the drainage of premises has been improved. Attention has been paid to the providing and improvement of water supplies in different parts of the district. The Bakehouses, Cowsheds, and Slaughter-houses have been inspected and, where necessary, the owners have been required to limewash and improve them. Further details of sanitary improvements will be found in the following report of Mr. J. H. Bell, the Sanitary Inspector for the district.

SANITARY INSPECTOR'S REPORT.

Inspections and re-inspections	285
Notices to abate or remove nuisances	235
Letters <i>re</i> nuisances, water supply, drainage, &c.	239
Numbers of complaints received	38
„ certificates for new houses (Water Act)	23
„ houses certified (Water Act)	40
„ new connexions to public sewers... ..	33
„ samples of water taken for M.O.H.	4
„ „ effluent sewage for analysis	3
„ „ water	2
„ notices to owners <i>re</i> taking of samples of water	3
„ dairies and cowsheds on register	60
„ „ „ registered during year	7
„ new wells sunk and provided	5
„ public pumps and wells, etc., repaired	6
„ wells examined and protected	5
„ premises inspected under Workshop Act	20
DWELLING HOUSES.	
Notices to abate overcrowding	2
„ discontinue outbuildings as dwellings	5
„ re-letting new houses without certificates (Water Act)	11
„ provide new privies, 8; to convert privies to pail-closets, 29	37
„ repair and make habitable	3
„ provide ashbins, 4; repair privies, 14	18
„ „ spouts and gutters to roofs	3
„ limewash interior of dwellings	6
HOUSING OF WORKING CLASSES ACT.	
Notices to make dwellings habitable	1
„ houses under notice	2
„ „ made habitable	2
DRAINAGE, ETC.	
Notices to submit plans of drainage	4
„ connect house drains and w.c. to sewer	3
„ cleanse yards and premises	6
„ cover over and ventilate privy cesspools	2
„ cleanse, fill up and discontinue cesspools	23
„ divert drains from ditches	18
„ empty and cleanse cesspools	23
„ improve drainage to premises, 22; urinals, 4; piggeries, 2	28
„ „ surface pavements of yards, etc.	4
„ open and cleanse drains, 16; provide gully traps, 3	19
„ drain off stagnant water	2
„ ventilate w.c. pipes, 6; provide water flush to w.c., 6	12
„ provide urinals, 3; fillers to drains, overflow, etc., 2	5
WATER SUPPLY.	
Notices to provide and improve water supply... ..	12
„ cleanse, protect and repair wells and pumps	5
„ repair pump pipes, etc.	13
„ discontinue use of well	1
INFECTIOUS DISEASES.	
Notices to cases removed to Infectious Hospital—Urban District, 8; Rural, 44	52
„ reported in Rural District	59
„ dwellings and rooms disinfected	68
„ printed instructions to parents and others	65
„ disinfect and limewash rooms after infection, 29; public schools, 3 public vehicles, 1	33

Notices to schoolmasters and managers, 37; to employers, 10; <i>re</i> small-pox contacts, 14...	61
„ protect milk from infection	2
MISCELLANEOUS.													
Notices to cleanse brooks, ditches and ponds	6
„ discontinue depositing manure, refuse, etc.	3
„ dust contractors to remove refuse, etc.	2
„ contractors to empty privy cesspools	54
„ drain and improve cowsheds and yards	3
„ remove ashes, refuse and manure	19
„ „ gipsy vans and tents...	4
„ „ pigs and other animals, 7; dead animals, 1	8
„ „ privies from improper places	2
„ „ slaughter-house refuse	2
„ provide water-tight manure receptacles and ashpits	3
„ register cowsheds, 9; improve cowsheds, 2	11
„ surveyors, water and gas companies	12
„ limewash bakehouses, 5; cowsheds, 3; slaughter-houses, 4	12

ACTION TAKEN TO PREVENT THE SPREAD OF INFECTION.

Seventy-eight cases of infectious diseases were notified in the district during the year, viz.: Diphtheria, 27; Scarlet Fever, 31; Enteric Fever, 1; Puerperal Fever, 1; Erysipelas, 18. The relative proportion of cases to the population was equal to 6.4 per 1000. In the previous year the notifications from the same diseases were only 38, or equal to 2.9 per 1000 of the population.

The distribution of these diseases is shewn in Table III., at the end of this Report, and the monthly prevalence is shewn in the following:—

NOTIFICATIONS IN EACH MONTH.

	Jan.	Feb.	Mar.	April	May	June	July	Aug.	Sept.	Oct.	Nov.	Dec.	Total
Small-pox	
Diphtheria ...	2	2	1	2	2	1	1	1	3	1	9	2	27
Enteric Fever	1	1
Scarlet Fever	4	3	8	2	3	...	4	4	...	3	31
Puerperal F'v'r	1	1
Erysipelas ...	2	3	2	1	1	...	1	2	1	3	2	...	18
Total ...	8	8	12	5	6	2	6	7	4	7	11	2	78

Small-Pox.—It will be seen from the above that this disease was again absent from the district. In the month of April a report was received of the outbreak of the disease in the Ongar Union, one case having occurred in the village of Moreton, on the borders of this district. In consequence of this, the Temporary Hospital Tent was re-erected and put in readiness, and other precautions were taken to guard against a spread of the disease into this district. Amongst these, certain persons residing in this district, who were known to have been "contacts," were re-vaccinated and kept under observation. Fortunately the outbreak was localised and came to an end without having infected this district.

Diphtheria.—As compared with recent years there was a marked increase in the notifications from this disease. For the four years 1900-1903, the average was only 10·3, or 17·8 below the number for 1904. The increase occurred in the Chigwell and Harlow sub-districts. Throughout the year isolated cases continued to be notified from Chigwell, but in November, when the greatest number occurred, the disease was prevalent in the Woodford district, and the cases notified were amongst families associated with that district. In the Harlow sub-district the greatest number of cases were associated with epidemics of the disease in Roydon in the summer, and with a localised outbreak in the town of Harlow in November and December. In this latter instance seven cases were notified from one house, in which the sanitary arrangements were found to be very defective.

Scarlet Fever.—Although the notifications were more numerous than for the previous year, they yet bear favourable comparison with those for the four years 1900-1903, the average number for these years being 41. The disease was almost entirely confined to the Harlow sub-district; only four cases occurred in the Epping sub-district and none in the Chigwell sub-district. It was more especially prevalent in the parishes of Roydon, Netteswell, and Harlow, in the early part of the year, one house alone in Harlow contributing seven cases. The disease was generally of a mild type, and it will be noticed that no deaths were due to it.

Erysipelas.—This disease helps to swell the notifications year by year, and during last year the number of cases exceeded the average for the four previous years by about eight. The notifications came entirely from Chigwell and Harlow, and as regards the former of these districts it is to be noticed that of the seven cases notified five occurred in the Manor House Convent School.

Of other infectious diseases for which preventive measures were required, **Whooping Cough** was epidemic in the parishes of Great Parndon, Nazeing, and Theydon Garnon in January and February, necessitating the temporary closing of the schools in each of these districts. **Measles** was epidemic at Theydon Bois in June and July,

and the schools had to be closed for three weeks in consequence. For an epidemic of **Chicken-Pox** in Magdalen Laver, at the end of May, the schools there also had to be closed for a short period, and, lastly, for an epidemic of **Mumps** at Nazeing, in October, the schools were again temporarily closed. With reference to the subject of school-closure for epidemics, it should be stated that the initiative in each of the above instances came from the Managers or their representatives, the application for closure being based upon the reduced attendances, and the consequent loss of grant. Whatever may have been the intention of the Education Act, it certainly was never the purport of the Public Health Act, nor of any other Sanitary Act, to put the District Councils or their officers in a position of subserviency to School Managers, or to make them a medium to protect the schools from pecuniary loss, and although I have hitherto in most instances complied with the terms of the applications, it should be understood that my sole reason has been that the step has appeared to me advisable in the interests of the public health.

ISOLATION HOSPITAL.

					Scarlet Fever.	Diphtheria.	Totals.
EPPING	RURAL	DISTRICT	...	Male	15	12	27
				Female	11	7	18
"	URBAN	"	...	Male	1	...	1
				Female
LOUGHTON		"	...	Male	...	1	1
				Female	1	..	1
BUCKHURST		"	...	Male	3	...	3
HILL				Female	2	...	2
Totals				Male	19	13	32
				Female	14	7	21
					33		53
					20		

The above table shews the number of patients (male and female) treated in the Hospital for Scarlet Fever and Diphtheria from each district during the year, these being the only diseases for which Hospital isolation has been required. One of the diphtheria patients was the nurse, who contracted the disease whilst on duty at the Hospital. No record has been kept of the treatment with Antitoxin Serum, but generally the rule has been that in all cases where the serum has not been injected before admission the patient is immediately subjected to it, and whenever it seems advisable repeated injections are given. It seldom happens, however, that more than two injections are required. As to the value of the treatment, the fact that none of the 20 cases

proved fatal seems to speak for itself. It will be noticed that the total number of patients admitted was the same as for the previous year, and that there were no deaths.

Further Sanitary Requirements of the District.—Public sewerage is still required for certain parts of the district, especially for the villages of Potter Street and Roydon. For the latter place plans have been prepared, and it is to be hoped that the difficulties as to a suitable outfall will not cause serious delay. The sewage of Potter Street will probably have to be taken to the Harlow outfall sooner or later. The present sanitary state of this village leaves much to be desired. A better system of sewage disposal is needed for the Harlow outfall, and in view of the activity of the River Lea Conservancy, this is a matter which has now become urgent. In one of my Special Reports, already referred to, it has been shewn that the numerous new houses built near the Claybury end of Chigwell have not been provided with dust-bins or other receptacles for refuse, and that there was no systematic collection of refuse. This is a matter which should be attended to without delay, and the Council should themselves contract for the regular fortnightly collection.

Factory and Workshop Act, 1901.—All the premises coming under this Act have been duly inspected during the year. In two instances an Abstract of the Act was not found posted up. These were notified to the District Inspector of Factories. The sanitary conditions were in all cases satisfactory. No homeworkers are employed in this district. The extract from this Report relating to this Act, together with the Return required for the Home Office, have been sent to H.M. Chief Inspector of Factories, and a copy of the same Return is appended herewith.

VITAL STATISTICS.

Population.—For reasons already explained no reliable estimate of the population of the district at the present time can be made. The following calculations are, therefore, based upon the 1901 census of 12,782.

Births.—The births registered as having occurred within the district were 315, or equal to a birth-rate of 24·6 per 1000 per annum.

Deaths.—The total number of deaths registered as having occurred within the district was 170. To these have to be added 11 deaths of persons in the Epping Union Workhouse who belonged to this district, and, as there were no deaths of “non-residents” in Public Institutions in the district, the corrected number of deaths was 170 plus 11=181, or equal to a death-rate of 14·1 per 1000 per annum.

Infant Mortality.—There were 39 deaths of infants under one year of age, which, measured by the proportion of deaths under one year to births registered, was equal to 123·8 per 1000 per annum.

Zymotic Deaths.—There were 15 deaths registered as due to the principal zymotic diseases, viz.: Whooping Cough 5, Diphtheria 3, Enteric Fever 1, Diarrhœa 6. The death-rate from these diseases was equal to 1·1 per 1000 per annum.

The several Tables required by the Local Government Board have been made up and are appended herewith.

I am, Mr. Chairman and Gentlemen,

Your obedient servant,

TREVOR FOWLER,

L.R.C.P. & S.I., D.P.H. Cantab.

Medical Officer of Health.

TO THE EPPING RURAL

DISTRICT COUNCIL.

Epping, February 21st, 1905.

TABLE I.—For Whole District.

Year.	Population estimated to Middle of each Year.	Births.		Deaths under One Year of Age		Deaths at all Ages. Total.		Deaths of Non-residents registered in District.	Deaths of Residents beyond the District.	Deaths at all Ages belonging to the District.	
		Number.	Rate.*	Number.	Rate per 1,000 Births registered.	Number.	Rate.*			Number.	Rate.*
1894	27559	690	25'0	86	124'6	360	13'3	4
A 1895	19895	495	24'8	53	107'0	279	14'0	7
B 1896	16598	410	24'7	48	100'0	223	13'4	19	19
1897	16758	420	25'1	50	102'1	208	12'5	15	18
1898	16873	434	25'7	53	105'9	265	15'2	26	20
1899	17004	390	22'9	51	100'2	242	13'8	19	15
C 1900	12274	289	23'5	25	86'3	162	13'1	3	7	166	13'5
1901 (census)	12782	291	22'7	31	106'3	182	14'2	2	9	199	15'5
1902	12782	300	23'4	16	53'3	150	11'7	1	2	151	11'8
1903	12782	309	24'2	31	100'3	133	10'4	1	9	141	11'0
Averages for years 1894-1903	No data for estimation.	297	23'4	25	86'5	156	12'3	1	6	164	12'9
1904	12782	315	24'6	39	123'8	170	13'2	...	11	181	14'1

* Rates calculated per 1,000 of estimated population.

A Chingford and Buckhurst Hill Urban Districts deleted.

B Epping Urban District (including the Workhouse) deleted.

C Loughton Urban District deleted.

TABLE II.—Separate Localities.

Names of Localities.	Whole District.				Epping.				Chigwell.				Harlow.			
	Population estimated to middle of each Year.	Births registered.	Deaths at all Ages.	Deaths under 1 year.	Population estimated to middle of each Year.	Births registered.	Deaths at all Ages.	Deaths under 1 year.	Population estimated to middle of each Year.	Births registered.	Deaths at all Ages.	Deaths under 1 year.	Population estimated to middle of each Year.	Births registered.	Deaths at all Ages.	Deaths under 1 year.
1894 ...	27559	690	360	86	6140	167	96	20	15148	372	171	46	6271	151	93	20
A 1895 ...	19895	495	272	52	6183	146	96	14	7403	191	103	28	6118	158	80	11
B 1896 ...	16598	410	223	41	2848	105	50	10	6804	194	88	22	6300	137	85	16
1897 ...	16758	421	211	50	*	}	}	}	}	}	}	}	}	}	}	}
1898 ...	16873	434	271	53												
1899 ...	17004	390	238	51												
C 1900 ...	13403	289	161	25												
1901 (census)	12782	291	182	31	3126	83	38	7	3445	76	38	8	6211	132	106	17
1902 ...	12782	300	151	16	3126	85	44	6	3445	74	32	4	6211	141	74	6
1903 ...	12782	309	141	11	3126	58	26	6	3445	95	47	13	6211	156	68	12
Averages of Years 1901 to 1903	No data for estimation.	300	171	19												
1904 ...	12782	315	181	40	3126	88	33	8	3445	77	51	16	6211	150	97	16

A Chingford and Buckhurst Hill Urban Districts deleted.

B Epping Urban District (including the Workhouse) deleted.

C Loughton Urban District deleted.

* Estimate of Population not possible for these years.

TABLE III.

Cases of Infectious Disease notified during the Year.

Notifiable Disease.	Cases notified in Whole District.							Total Cases notified in each Locality.			No. of Cases removed to Hospital from each Locality.		
	At all Ages.	At Ages—Years.						Epping. (H)	Chigwell.	Harlow.	Epping.	Chigwell.	Harlow.
		Under 1.	1 to 5.	5 to 15.	15 to 25.	25 to 65.	65 & upwards.						
Small-Pox ...	::	::	::	::	::	::	::	::	::	::	::	::	::
Cholera ...	::	::	::	::	::	::	::	::	::	::	::	::	::
Diphtheria*	28	1	12	11	1	3	::	1	12	15	::	::	::
Membranous Croup	::	::	::	::	::	::	::	::	::	::	::	::	::
Erysipelas ...	18	::	1	5	2	10	::	::	7	11	::	::	::
Scarlet Fever ...	31	::	8	17	4	2	::	4	::	27	::	::	::
Typhus Fever.....	::	::	::	::	::	::	::	::	::	::	::	::	::
Enteric Fever ...	1	::	::	::	::	1	::	::	::	1	::	::	::
Relapsing Fever...	::	::	::	::	::	::	::	::	::	::	::	::	::
Continued Fever...	::	::	::	::	::	::	::	::	::	::	::	::	::
Puerperal Fever ...	1	::	::	::	::	1	::	::	::	1	::	::	::
Plague ...	::	::	::	::	::	::	::	::	::	::	::	::	::
Totals ...	79	1	21	33	7	17	::	5	19	55	::	::	::

(H) Isolation Hospital situated in the district.

* One case proved to be "follicular tonsillitis."

TABLE IV.

Causes of, and Ages at, Death during Year 1904.

Causes of Death.	Deaths in whole District at subjoined Ages							Deaths in Localities at all ages.			Deaths in Public Institutions.
	All ages.	Under 1.	1 and under 5	5 and under 15	15 and under 25	25 and under 65	65 and upwards	Epping.	Chigwell.	Harlow	
Whooping Cough ...	5	3	2	2	3
Diphtheria and membranous croup ...	3	1	1	1	3	...
Enteric ...	1	1	1	...
Epidemic influenza ...	3	1	2	3	...
Diarrhoea ...	6	6	1	3	2	...
Enteritis ...	1	1	1
Other septic diseases ...	2	2	2	...
Phthisis ...	7	1	1	5	...	1	2	4	...
Other tubercular diseases	5	1	1	1	1	1	2	3	...
Cancer, malignant disease	11	7	4	3	2	6	...
Bronchitis...	10	1	1	3	5	3	2	4	...
Pneumonia ...	20	4	4	3	...	6	3	3	8	9	...
Other diseases of Respiratory organs ...	2	2	2	...
Alcoholism Cirrhosis of liver	2	1	1	2	...
Premature birth ...	9	9	4	2	3	...
Diseases and accidents of parturition ...	2	1	1	2
Heart diseases ...	16	1	2	1	12	3	4	9	...
Accidents...	5	1	1	1	1	1	...	1	2	2	...
Suicides ...	1	1	1
All other causes ...	70	12	1	2	1	14	40	11	17	42	...
All causes ...	181	40	11	9	7	45	69	33	51	97	...

TABLE V.

Factories, Workshops, Laundries, Workplaces, and
Homework.

Premises.	Number of		
	Inspections.	Written Notices.	Prosecutions.
Factories (including Factory Laundries)
Workshops (including Work- shop Laundries)	20
Workplaces
Homeworkers' Premises
Total ...	20

Other Matters.

Matters notified to H.M. Inspectors of Factories :—
Failure to affix Abstract of the Factory and Workshop Act (S. 133) ... 2

Workshops on the Register (S. 131) :—

Bakehouses	17
Joiners and Builders'	10
Painters and Plumbers'	2
Dressmakers'	6
Laundries	1
Total	36

